



# Gateway Crescent

**Makes:** 4 Servings

“I like to be creative with combinations of ingredients and sauces and try different tastes together to see what goes best,” says Blake. “My first idea for a fun lunch recipe included wontons. My mom and I tried several different combinations and determined we needed a bigger shell. We replaced the wontons with whole-wheat tortillas. I tried various ingredients on the inside and decided on this recipe. Add a side of nectarines or peaches and you have a meal following MyPlate guidelines.”

## Ingredients

**1/4 cup** quinoa, rinsed

**1/2 cup** low-sodium chicken broth

**1/4 cup** olive oil




**1** green onion (scallion), chopped

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>301</b>
<b>Total Fat</b>	<b>17 g</b>
Saturated Fat	5 g
Cholesterol	9 mg
<b>Sodium</b>	<b>295 mg</b>
<b>Total Carbohydrate</b>	<b>32 g</b>
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	1 g
<b>Protein</b>	<b>8 g</b>
Vitamin D	0 mcg
Calcium	181 mg
Iron	2 mg
Potassium	338 mg

N/A - data is not available

## MyPlate Food Groups

	Vegetables	1/2 cup
	Grains	2 ounces
	Dairy	1/4 cup

**1/4** orange bell pepper, seeded and chopped

**1/2** zucchini, chopped

**2 tablespoons** spinach, chopped

**1/4** jalapeno pepper, minced

**4** whole-wheat tortillas

**1/4 cup** feta cheese

Red pepper flakes to taste

**1/4 cup** plain yogurt

**1/2 teaspoon** lemon juice

**1/2 teaspoon** honey

## Directions

1. **Preheat the oven to 350°F.** In a large saucepan, combine the quinoa and chicken broth and bring to a boil over medium-high heat. Reduce the heat to medium and cook for 15 minutes, or until the quinoa is tender.
2. **In a large sauté pan,** heat 2 tablespoons of the olive oil over medium heat. Add the green onion, bell pepper, zucchini, spinach, and jalapeño, and cook about 5 minutes, or until soft and lightly brown.
3. **On a large baking sheet,** brush the remaining 2 tablespoons olive oil on 1 side of each tortilla, then flip over the tortillas. Fill each tortilla with 2 tablespoons cooked quinoa, ¼ cup veggies, 1 tablespoon feta, and a sprinkle of red pepper flakes. Brush the edges of each tortilla with water. Fold each tortilla in half and press with a fork to seal the edges. Bake for 10 minutes.
4. **Meanwhile, in a small bowl,** combine the yogurt, lemon juice, and honey. Serve the tortillas with the sauce. Enjoy!

## Notes

State: Missouri

Child's Name: Blake Koehr, 12

**Source:** The 2015 Healthy Lunchtime Challenge Cookbook